

# THE MASSEUR



## American Massage & Therapy Association

FORMERLY THE AMERICAN ASSOCIATION  
OF MASSEURS & MASSEUSES

OFFICIAL BULLETIN

MAY - JUNE - 1959

DECATUR, ILLINOIS

## Plane Trip Begins to Shape-up For Mid-West Members to California

### CONVENTION AND FLIGHT DATA

T.C.A. scheduled flights, non-chartered.

Trans-continental Airways Special Convention rate for members and guests of A.M. & T.A. to Burbank field between L.A. and Long Beach. Limosine service to our Hotel Lafayette in Long Beach. Regular fare from Chi-

cago to Burbank—\$176.00  
Special Convention

Rate— \$148.50

Save \$27.50

Chicago Midway to Burbank, including taxes, lunch and a \$50,000 insurance policy. Arrangements may be made in advance for return at any time within a month. We do not have to return as a group.

If we have 20 or more making the flight we can go round trip, Chicago Midway to Burbank and return for \$140.00, tax included, lunch, and a \$50,000 Insurance Policy. Save \$36.00 proportional discount for larger number.

Special rate will be given our Convention group, desiring flight from Detroit, Philadelphia, or New York City when requested.

Mid-West Contact

Lowell M. Spangle,  
4231 Broadway  
Gary, Indiana  
Turner 4-1821

Send your check for \$140.00 to Lowell M. Spangle now. He should have it by the first of June. If we sign up more than 25 he will refund all dollars proportionately.

\* \* \*

Saturday night, August 15th we are to enjoy the music and entertainment of Lawrence Welk's, a dinner party at the famous Knotts' Berry Farm and Ghost Town. They have arranged a ticket discount to Disneyland. A style show for the ladies, a Gay Nineties Luncheon for the men.

So it ought to be worth anyone's time that can make the arrangements to attend the convention.

Members everywhere if you are considering flying to California for

the convention take this article with you and contact your travel agent for the trans-continental airways for special convention rate for members and guests of the A.M. & T.A.

### YEAR BOOK & REGISTRY

The Year Book is off the press and should be in your hands about the time of this Masseur.

I think you will say it is bigger and better than ever before. We are getting some swell compliments on it from our advertisers. They think it is laid out and made up in a very attractive form.

This book is to serve you for the coming year. It is your personal book and you are to be careful who sees it. This is in order to protect the membership roster which is enclosed between its covers. Only the members and advertisers are entitled to a copy. That way it keeps you from getting a lot of unnecessary mail from people that are out to get mailing lists for commercial purposes.



# THE MASSEUR

Bimonthly publication of the  
American  
Massage and Therapy Association.  
formerly known  
American Association of Masseurs  
and Masseuses.

Published in Decatur, Illinois  
Charles W. Brooks, Editor  
3111 North Water Street



## PRESIDENT'S MESSAGE

We are about to complete a year of outstanding success in the history of our association.

With the raise in dues, everyone expected that our membership would drop. **JUST THE REVERSE HAS BEEN TRUE.** We now have as many members as we had last year and we feel that we will grow even more next year.

The name change created some controversy and ill feeling. Everyone seems to have risen above this also, as **all** the letters we have received about the name change in the last two months have been favorable.

We are about to have the largest and most successful national convention, in the most ideal location, that we have ever had. This is the one convention that the entire membership should try to attend. It will be the biggest thing

in massage history. Be there, and arrange for **you** to have a part in making massage history with the growth of our association. You can have a part in the formation of plans for an even more successful future for our profession.

We just have received a most encouraging financial report from our National Sec'y-Treas., Mr. Samuel G. Dahlgren, 1104 Fourth Avenue South, Fargo, North Dakota. Our cash on hand has risen to a new high and our advertising receipts for the new year book are sufficient to cover the cost of printing. Our new steel emblems, pins, and decals are here or are due here shortly and soon all our new members will have all their proper supplies.

It is a very satisfying feeling to realize that we had a small part in helping to shape the decisions that resulted in a year of success.

We hope and pray that everyone will join together in an all-out effort to build our association and to plan for even more success in the future.

By working together, any and every success becomes possible. May we continue to follow this rule.

Massagically yours,  
Thomas D. Olson,  
National President

## TO THE EDITOR—

I have read the President's Message in the April issue with quite a bit of interest. And it looks to me as if we are drifting away from the time honored art of Swedish Massage, and becoming a Physical Therapy Assn. Becoming a rival organization of the Ironclad Chiropractic, Medical Osteopath, Chiropractist, Podiatrist organizations which are powerful and well organized.

What I can't understand is, why would any of the members of the above professions want to be in a weaker organization.

We were a Masseur and Masseuses outfit. The way things are going, the Lord only knows what

we may wind up being. I can understand the President Thomas D. Olson's point of view, as it is now, a known fact, that he is a graduate Chiropractor.

We, as members, at the next Nat'l Convention, will have to decide whether Masseurs or Masseuses or graduated Chiropractors, etc., are going to run our Nat'l officers.

We in Penna. cannot use the new name, as we would have the powerful Physical Therapist Assn., which are backed by the Medical Assn., on our backs.

I am against the name change for that reason, and feel it has set us back 10 years. As long as 25 percent of the membership makes changes and rules for 75 percent of the membership, we are in trouble and will not grow. When it's the other way around, we will start to grow.

As Mal Stevens, M.D., of New York, former coach of Yale and N. Y. University (football) author of Health books, states Massage by the hand is a lost art, as no machine will replace the health value of Massage by the hand. So let us stick in our field, as Massage, if we do it right, we'll put a lot of physical unfit people back on their feet. I know it's hard work, but isn't it nice to have your patients say to you, "I've been everywhere, and you have done more for me than anybody. I should have came here first."

Yes, there is a place in the health field for Massage, but we have to know our limitations.

Yours Sincerely,  
Blandford Blandie Jones  
310 South Center St.  
Pottsville, Pa.

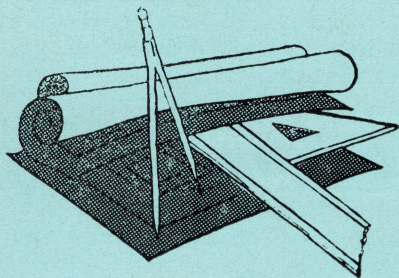
A clerk was handed a pay envelope which, by error, contained a blank check.

The astonished clerk looked at it and moaned: "Just what I thought would happen. My deductions have at last caught up with my salary"

—Tit-Bits, London.



## DESIGN FOR LIVING



## SPRING NATURE'S WONDROUS ALARM CLOCK

Of all the seasons of the year, Spring is the most joyous and inspiring. From the tiny worm to the mighty oak we can watch the miracles of nature taking place. In the northern states, there is an enchantment in seeing the first robin, causing us to wonder how the birds know when to start their return flight from the south. Bird-watcher statistics show that there are seldom severe-weather casualties.

How wonderful it is to observe our feathered friends as they soar and dive through the air. They are busy collecting twigs, pieces of newspaper and excelsior to build their nests. Some unseen power within has told them it is spring.

Many people do not realize it, but humans should never touch or disturb a bird's nest when the eggs are in it. Even if the bird doesn't see it happen, the mother bird may detect it, and then may not have anything more to do with those eggs or that brood.

Other marvels of spring are the appearance of buds on stems, plants peering out of the ground and the blooming of the magnolia and fruit trees. It is sheer poetry to think that throughout the cold, blustery winter these plants and trees have been sleeping. When spring arrives the tissues begin to unfold, and gradually the warmth of the sun and the rains miraculously bring forth the beautiful leaves, blossoms or flowers.

Nature is filled with rhythm. The leaves breathe, and when some

buds blossom faster than others it is because they are breathing faster, which radiates a vitalizing heat. The birds also have rhythm in their flight. In molting season the feathers fall evenly from each wing. If a bird is in flight and loses a feather, or feathers, from one wing and not the other, it is hampered or crippled until nature balances the number of feathers in each wing.

The sight of a freshly sprouting carpet of grass in the spring inspires us to dream of sun bathing and lawn parties. Yet, few know that there are over 4,000 species of grass. One of the most useful contributions of grass is along the sea coasts, where its roots bind together the loose sand, and the prostrate stems cover and protect the soil, or sand, from the erosion of the wind and rain.

All the animal world, too, takes on a new life in spring. Some, such as the bear, wake from their winter-long sleep and start on their search for food. Others, including some varieties of the fox, change the color of their fur.

What causes all of the changes which are induced by nature's wondrous alarm clock? Well—the scientists can explain some, but there seems to be no understandable explanation for the others.

Our pleasure and enchantment of nature as it heralds spring—the wondrous season of rebirth—can serve as a reminder, too. Why should man have any fear or trepidation in his heart when we behold the marvels of nature? The Almighty has promised to care for us even more than “the lillies of the field.”

## OUR IMPERFECT VIEW OF TRUTH

As long as we know that our view of truth is partial we can preserve that humbleness of mind appropriate to the circumstances; but let us once get the notion that our view is total or absolute we become intellectually intolerant. Let us become convinced that ours

is the only sensible view and our ability to learn dies instantly. None of us should imagine that he has a perfect view of all of the association's problems. The eye that can see all truth at once without distortion is not to be found on this earth of imperfect men and women. There is only one absolute. Infinitude is an attribute God cannot share with His creatures. Our different views of truth may come by direct experience or be the result of differences of temperament. To attempt to create a climate in the A.M.T.A. most agreeable to our own temperament would result in confusion. We then could be charged with being narrow, intolerant, and opinionated. You have seen the motto, “In essentials unity; in non-essentials charity,” this is good; but where do we see it in practice? One reason we cannot find it in practice is because we cannot agree on what is and what is not essential. Each one believes that his fragment of truth is essential and his neighbors unessential, and that brings us right back from where we started. Unity among A.M.T.A. members in my opinion will never be fully realized or achieved. There are too many factors working against it. But a greater degree of unity might be realized if we all approached the truth with deeper humility. No one knows everything, not saint nor scholar, nor reformer. Even Solomon in all his glory must have overlooked something. Great good men have differed through the ages, but they served well.

D. S. C.

## THE WAY TO LIVE

I must think more of others,  
and a whole lot less of me.  
Nor waste my time in finding  
fault,

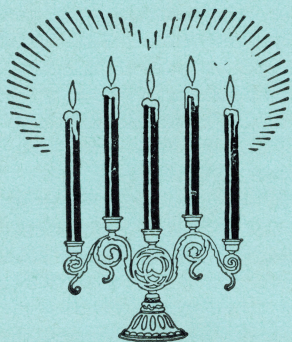
When there is so much good to  
see!

Be considerate and helpful,  
Fair in all I do and say,  
Thus show proof of my religion,  
Just by living it each day.

Jerrie H.

Sent in by Lowell M. Spangle.





Belated 1958 Birthday wishes  
are in order for:

#### September, 1958

- 4—George W. Stoller,  
2330 So. Webster St.,  
Fort Wayne, Ind.

- 16—Paul Sears,  
206 W. 11th St.,  
Auburn, Ind.

#### October

- 5—Lowell M. Spangle,  
4231 Broadway, Gary, Ind.

#### November

- 28—Earl A. Martin,  
2918 S. Calhoun St.,  
Fort Wayne, Ind.

- 30—Ruth Compton,  
321 E. Washington St.,  
Tipton, Ind.

#### December

- 26—Otis J. Briggs,  
214 E. St. Josephs St.,  
Indianapolis, Ind.

#### January, 1959

- 17—Lily Lewellen,  
342 E. Main St.,  
Fort Wayne, Ind.
- 23—Arnold Kranch,  
1414 Fairview St.,  
Allentown, Penna.

#### February

- 5—James L. Anderson,  
3237 So. McClure St.,  
Marion, Ind.
- 16—Leslie Hoch,  
1051 Powell St.,  
Norristown, Penna.

#### March

- 27—Sylvester F. Wyss,  
1209 Oxford St.,  
Fort Wayne, Ind.
- 28—Esther Spangle,  
4231 Broadway, Gary, Ind.

#### April

- 5—Elsie Enstad,

#### North Dakota

- 5—John Neels,  
North Dakota
- 9—Charles W. Brooks,  
3111 N. Water St.,  
Decatur, Ill.

- 9—Ruth M. Henning,  
219 W. Charles, Muncie, Ind.

- 10—Anne S. Bergholz,  
2505 N. 3rd St.,  
Milwaukee 12, Wisc.

- 11—Thomas R. Fink,  
808 Maple Road,  
Hellertown, Penna.

- 23—Julius Vincze,  
16 New St.,  
Upper Darby, Penna.

#### May

- 6—Florence LeRoy,  
Wisconsin Chapter

- 17—Mildred Warnes,  
Wisconsin Chapter

- 25—Lenora M. Stoller,  
2330 So. Webster St.,  
Fort Wayne, Ind.

#### June

- 2—Frank Persitz,  
Milwaukee, Wisconsin

- 7—Clara Kuehl,  
Wisconsin, Chapter

- 12—Harold Compton,  
321 E. Washington St.,  
Tipton, Ind.

- 13—Thomas D. Olson, Pres.,  
1054 N. Alton Ave.,  
Indianapolis, Ind.

- 25—Marvin L. Rittenhouse,  
114 W. Taylor St.,  
Kokomo, Ind.

- 28—Mary A. Felton,  
306 Maple Ave.,  
La Porte, Ind.

- 28—Mary A. Leets,  
306 Maple Ave.,  
La Porte, Ind.

- 30—Stewart E. Miller,  
1828 Forster St.,  
Harrisburg, Penna.

## IDAHO

Idaho Chapter of the American  
Massage and Therapy Association  
met at the home of Mrs. Minnie  
Keim.

Meeting called to order by Mrs.  
Keim, President.

Reports of secretary and treas-  
urer read and approved.

Moved and seconded that we  
send letters of appreciation to a  
number of people who were espe-  
cially instrumental in helping to  
defeat House Bill #48 for licen-  
sing of Physical Therapists in  
Idaho legislature this year.

Motion made and carried to give  
Mr. Wyman who acted as our at-  
torney a gift of \$50.00 plus any  
donations that should come in  
from masseurs and masseuses out-  
side the organization to show our  
appreciation since he made no  
charge.

Nominating Committee appoint-  
ed by Mrs. Keim as follows: Dale  
Momany, Mrs. Buffington, Mrs.  
Craham.

Motion made to send half page  
ad for Convention program book  
\$15.00 to have outline of Idaho and  
names of each member of our  
chapter. Carried.

Motion made and carried to take  
money from treasury for gas and  
oil for car making trip to conven-  
tion in Los Angeles in August.

Next meeting at Mary Babbitt's  
in June.

Eight members and four visitors  
were present.

Meeting adjourned. Mrs. Keim  
served dessert and coffee.

Dale and Helen Momany dem-  
onstrated some new nerve pressure  
technics they had been studying.

Mary Babbitt, Sec.

## MICHIGAN

The March meeting was called  
to order by President John Tucker  
at 2:15. Minutes of the last meet-  
ing was read by Mrs. Hoppas and  
approved. There was no treasurers  
report due to Mr. Watson's ab-  
sence.

There was an open discussion on  
the Massage Bill before Attorney  
La Vern Roberts arrived.

Mr. Warren Pommerening made  
a motion to pass a petition to  
members to be circulated among  
potential members for stimulating  
interest. Seconded by Mrs. Emma  
Veenstra.

Mr. Pommerening made a mo-  
tion to give Mr. and Mrs. Hoppas  
\$5.00 each meeting for the use of



their home. Seconded by Mr. Wm. Menkman.

Mr. Roberts gave a report on his work with the Massage Bill.

Mr. Roberts also suggested that we send a representative to the A.M.A. Meeting later. Another suggestion he had to offer was that members in their own location call their local newspapers and radio stations asking that they announce our meeting and where it will be held.

After Mr. Roberts' departure election of officers followed.

The honor of our new President went to Mr. Warren Pommerening of Holland. Vice President, Mrs. Emma Veenstra of Detroit; Sec'y-Treasurer, Mr. Wm. Menkman of Lansing; Corresponding Sec'y, Mrs. Nettie Hoppas of Lansing; Chaplain, Mr. T. W. McTall of Flint, was retained.

After the meeting was over, some of the men made good use of Mrs. Hoppas' Massage table exchanging different manipulations.

The next meeting was set for June 7 at 2:00 p.m. again in the Hoppas home.

In spite of the bad weather, there were 13 members present.

Sincerely,  
Mrs. Nettie Hoppas  
Corrsp. Sec'y

## INDIANA

The meeting was called to order at 11:30 a.m., president George W. Stoller presiding.

Mr. and Mrs. Sylvester Keever of Frankfurt were our hosts for the day.

The invocation was given by Lowell Spangle in the absence of our regular Chaplain, Dorothy M. Olson. Our registration clerk, Lenora Stoller reported 24 members and 4 guests present.

President Stoller asked each to stand and introduce themselves that we might all become better acquainted.

Secretary Lowell M. Spangle read the minutes of our special meeting held at the Severin Hotel in Indianapolis, January 11, 1959. The minutes were accepted as

read.

Mr. Spangle as Treasurer then read the financial report. It was accepted as read.

Mr. Thomas D. Olson as Executive Secretary gave us a very complete report for his office.

Sylvester Wyss, Chairman reported for his Schools and Colleges Committee.

Chairman Catherine E. Holland reported for the membership Committee.

Chairman Bessie E. Erfurth reported for the Convention Planning Committee. Plans are shaping up nicely for our State Convention to be held at the Severin Hotel, Indianapolis, Indiana, May 16-17, 1959.

Mr. Spangle reported on letter from Dr. Charles Brooks that the Quad State Convention will be held at the Jefferson Hotel, Peoria, Illinois, April 11 and 12.

Chairman Lowell Spangle reported for the Legislative Committee. Our H.B. 181 perished in Committee for reasons completely beyond our control and not be cause of any fault with the bill. This was a great loss, heartsickening and disgusting, but while we lost this fight for recognition our cause is not lost and progress was made. Much support was built up that can mean victory at a later date. Mr. Spangle praised the devotion and splendid cooperation received from the loyal members who paid for this tragic failure. He assured all that while we were beaten this time the pledges made and paid would enable us to come out of this defeat well organized and able to defend and protect our members welfare.

Chairman Olin W. Holcombe reported for the Ways and Means Committee. He urged the few who have not paid their pledges to do so and share their part of the burden, thus preserving our strength as a united group that we can carry this campaign on to an ultimate victory later.

Mr. Spangle read a letter from our Attorney, Harry T. Latham in which he willingly reduced the

charges for his service because the situation was hopelessly out of hand at this session.

We recessed for lunch at 12:30 p.m. The splendid meal served by the Coulter Hotel was enjoyed by all.

We reconvened at 1:30 p.m. to finish up our unfinished business of the day. Our next meeting will be our Convention at the Severin Hotel in Indianapolis May 16-17. Urged all possible to plan to attend the Quad State Meeting at Peoria, Illinois, April 11-12 and make plans to vacation in California in August and attend the National Convention of AM & TA at the LaFayette Hotel, Long Beach, California, August 10-11-12, 1959.

Our Mr. Thomas D. Olson of the Olson System School of Massage then took over and gave us a very informative health lecture for our Seminar and passed out some very instructive and well illustrated literature to help make clear the message and the special Olson techniques presented. We adjourned at 3:40 p.m.

Lowell M. Spangle.

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### My Dear Colleagues:

Most of you know me and my physical condition. How I have worked this long, God only knows. I am not giving up, I'll still fight on, but I must sell my business. I have a well equipped place and a health food store, plus three rooms living quarters.

Gary is the second largest city in Indiana. There is plenty of room for competition and there are only three Massage Therapists in the whole city. Anyone with ability can make something very profitable here. I can not take it anymore, because of my condition. I am sure the state will be licensed in 1961. So my advice is, to get in now, so you are here for 2 years before licensing.

Write me for further details.

Bessie E. Erfurth  
109 W. 41st Ave.  
Gary, Ind.

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## MASSACHUSETTS

Dear Mr. Brooks:

Thank you for the extra copies of *The Masseur*. We had nuff to go round and extras for the interested folks. Our Mass. Chapter had election of officers in Providence, R. I. April 12. The officers for the coming year are—

A. Henry LaFleur—President  
Ann White—Vice-President  
Florence Laws—2nd V.-Pres.  
Sadie A. Seligman—Sec'y-Treas.

Our Tri-State convention takes place at the Bancroft Hotel, Worcester, Mass., May 16 and 17. You are all invited.

Dr. Adolph Meltzer will be one of our main speakers. Our Tri-State members are looking forward to the California National Convention. So you see folks, if Mass., New Hampshire, and Rhode Island are making plans to get to California, it's time for you to start thinking about it too.

The George School of Massage in North Attleboro will be turning out a new group of Therapists in June and they will be outstanding. Virginia George is looking forward to seeing Calif. and attending the Educational Program.

Lucinda Levasseur of New Hampshire; Alice Smith, R. I.; Ida Thorson, Rhode Island and Fedora Goffinet, A. Henry LaFleur, Ann White, Mary Conrad, Louis Rano, Rosella Johanson and Sadie A. Seligman will make your stay at our Tri-State Convention something to talk about.

Sincerely,  
Sadie A. Seligman,  
Sec., Treas.

## RHODE ISLAND

Rhode Island Chapter American Massage & Therapy Association met April 12, 1959 at the Holiday Health Studios in Providence and were hosts to Mass. Chapter, N. Hampshire and many friends.

President Alice C. Smith presided at the business session at which we accepted two new members into our R. I. Chapter, Rene Bellrance and Rachel Sussman.

Our president's reading of her thought for the day, "Something Good About You," brought a barrage of praise and thanks for the Georges School of Massage and Alice Smith for her encouragement and recruiting of pupils for the School.

Henry LaFleur, President of Massachusetts Chapter installed the officers for 1959-60. Alice C. Smith for her second term as President and Ida N. Thorson as Secretary-Treasurer.

Final plans were made for a Grand Tri-State Convention to be held May 16 and 17 at the Hotel Bancroft in Worcester, Mass. Committee in charge, Henry LaFleur, Ann White, Sadie Seligman from Mass. Chapter. Lucinda LeVasuer from New Hampshire. Alice Smith, Ida Thorson and Cecilia Saglio, Rhode Island Chapter. A great opportunity to learn and have fun is being prepared. Hope many will come.

Frederick A. Gonya, H.S.S. Tricologist Cosmetologist spoke on reason for baldness and care and treatment of the scalp.

Dr. Adolf Meltzer of Massachusetts spoke briefly.

After a banquet at the Port Arthur restaurant, 32 members and friends returned to the studio to sample all the wonderful exercisers and reducers in this beautifully well equipped establishment. Into gym togs and to work we went. Perhaps some had sore muscles next day because of unaccustomed use on new apparatus. We even caught Alice Smith giving a massage demo. to one of our prominent guests as usual.

At 6 p.m., tired but happy, feeling we had spent the day well, all departed homeward to a well earned rest or whatever!

Sincerely,  
Ida N. Thorson  
Sec.-Treas.  
R. I. Chap. A.M.T.A.

Compliments are to be inhaled, but not swallowed.—Sanjo.

## UNSATURATED FATTY ACIDS

Their Use in Human Nutrition  
by Lowell M. Spangle, N.D. & L.P.T.

Someone asked me the other day what unsaturated fatty acids are and what they are good for. I thought perhaps others might be interested. Everyone of us recognizes the importance of proper nutrition in recovering or maintaining good health. Most of us in our schooling were taught basic and fundamental nutrition as part of our training, but modern research has added many new concepts and new terminology to explain these concepts.

Fat floats in the blood in two distinct forms or states of existence, the saturate and the unsaturated. In the saturate state as the name might imply the atom contains its full capacity of fat. It is heavy and large and moves more sluggishly. In the unsaturated fatty state it is capable of adding more molecules of fat, therefore it is lighter, flows better and it is more apt to keep moving and to pick up free molecules of fat that may have rubbed off the saturate atoms. These unsaturated fatty atoms have a decided nutritional and therapeutic value to elderly persons or anyone known to have fatty accumulations in the arteries because the unsaturated atoms constantly pick up fat molecules from these deposits, thus reducing in some measure the likelihood of arterial occlusion such as found in conditions of Coronary Thrombosis or Atherosclerosis.

How can we tell which fats are saturated or unsaturated? Sometimes saturate fats are referred to as hard fats and the unsaturated as soft fats. That gives us the basis for a rule we can generally use. Those fats which remain liquid at room temperature such as the vegetable oils, soya, cottonseed, olive, corn and also mineral oil are unsaturated in their raw or natural state.

The hard fats are those that re



such as animal fat suet, lard, butter, egg yolk, cream and those vegetable shortenings and oleomargarines which have been hydrogenated. These are the fats that cause high blood cholesterol, fatty deposits in the blood vessels, possibly resulting in an occlusion, main solid at room temperature, stroke or heart attack.

There are two known exceptions to this rule. Coconut oil is a saturate fat in its liquid state. The other is whale blubber and fish fat which is largely unsaturated fat. It might be well to mention here also that mineral oil, while an unsaturated fat is not very desirable to use as such because it tends to prevent the absorption of Vitamin A.

Today research scientists and nutritional experts are hopeful that unsaturated fatty acids may hold the answer to such knotty problems as hardening of the arteries, Atherosclerosis, liver degeneration, cirrhosis, possibly coronary thrombosis, cerebral hemorrhage, etc.

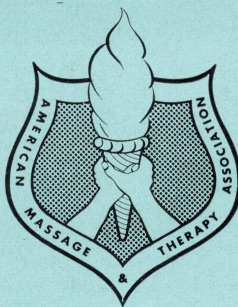
The results with experimental animals and special diets gives us much hope but reactions in humans do not always correspond to those in animals. Enough has thus far been learned to show unsaturated essential fatty acids are useful in supplementing the diet of patients suffering from eczema, obesity, stomach ulcers and sluggish mentality. Most of us would see some improvement in our general health if we would religiously take about two tablespoons twice a day of cold processed soya bean oil. We might well use one teaspoonful as salad dressing daily.

It's remarkable that there is so much trouble left in the world when so many people are looking for it.—Edward R. Murrow.

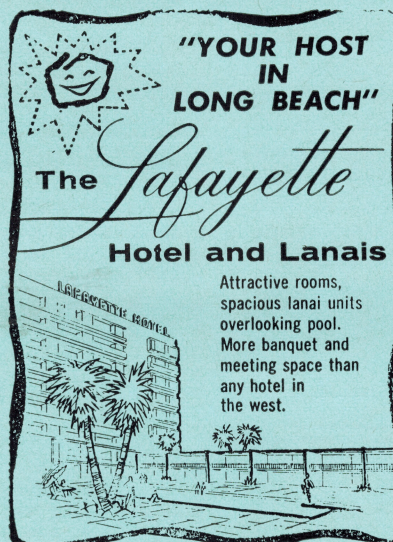
The best things in life aren't really free, because most of us have to spend a lifetime learning they're the best things.—CMD Magazine.

CALIFORNIA CHAPTER PROUDLY PRESENTS  
—THE—  
**FOURTEENTH NATIONAL  
CONVENTION**

—of the—  
**American Massage  
—and—  
Therapy Association**



—at the—



Long Beach, California  
**AUGUST 12, 13, 14, 15, 1959**

LLOYD C. ALLEN  
SECRETARY - TREASURER  
605 N. CAREY AVE.  
POMONA, CALIF.

GEORGE D. GAMMON  
CONVENTION CHAIRMAN  
771 3RD ST.  
SAN BERNADINO, CALIF.



The following poem, written by Irving Leibowitz, should serve as an incentive toward working together.

### JUST A LITTLE MORE

A little more kindness  
A little less creed . . .  
A little more giving  
A little less greed.

A little more smile  
A little less frown,  
A little less kicking  
A man when he's down.

A little more we,  
A little less "I".  
A little more laugh,  
A little less cry.

A little more flowers  
On the pathway of life,  
And fewer on graves  
at the end of the strife.

### A WORD OF THANKS

Dear Charles:

As I promised to you, here are the pictures for both the year book and conv. book. Will you please save them for future use. Just a line to thank you and all the Ill. members for the nice time you showed us & we from Wisc. sure appreciated it. Hope to see you all in Calif. come Aug.

Best of Luck & Health to you all.

Regards,  
Frank.

### BUTTONS & PINS

Lapel buttons and pins are available now. Send your money (\$1.50 each) to Samuel Dahlgren, 1104 4th St. So., Fargo, N. Dakota.

Also new decals 35c & 75c size. Cuts are available for your printing also. \$3.00 each, two sizes, be sure to specify which size you want.

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